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NEW DEVELOPMENTS IN THE SUBURBS
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METRO DISH {page 19}

TORONTO metro®
Tuesday, August 3, 2010
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From tragedy, a new purpose

Toronto girl's mother died of ALS in January • Has created an online support group with more than 500 members • Plans to skydive later this month to raise funds

AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

▶ Kinga Njilas, 25, has worked with various groups and organizations to raise awareness of the disease that claimed her mother's life. In the process, she's helped raise tens of thousands of dollars in the fight against ALS.

Kinga Njilas was in her third year at York University when her mother began to die of ALS, also known as Lou Gehrig's disease.

In the four unimaginable years that followed, this only child of Serbian immigrants handled tragedy with such grace and surprising candour that she has won international kudos for spreading awareness of the day-to-day challenge of a disease that shows no mercy as it breaks down the nerve cells of the brain and spine.

She started an annual soccer fundraiser, which raised $7,000 this year, and is helping organize a youth retreat outside Toronto this fall to brainstorm ways to help Canadian children who lose a parent to the fatal disease.

"This is my therapy," she said. "I'm not trying to be a hero, but there's just not much awareness of ALS out there. We need more." **TORSTAR NEWS SERVICE**

Gulf oil spill

Flying into the unknown

American white pelicans have migrated to Ontario for centuries • But when they return to the Gulf this fall, they could meet their doom {page 8}

Dressing up your ice-cream desserts

How to turn store-bought into homemade this summer {page 25}

Tweeting at the trade deadline

Speculating about baseball is now a 24-7 business {page 31}

No body cams for police, yet

But mini-cameras could be in Toronto's future {page 3}

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Airport opponents praise rail link

A group that wants to shut down Toronto's island airport is praising the province for taking over construction and operation of a rail link between Union Station and the city's international airport.

Porter Airlines currently operates out of the island airport.

Group Community Air says the link means Porter can move to Pearson International Airport in Mississauga without inconveniencing customers.

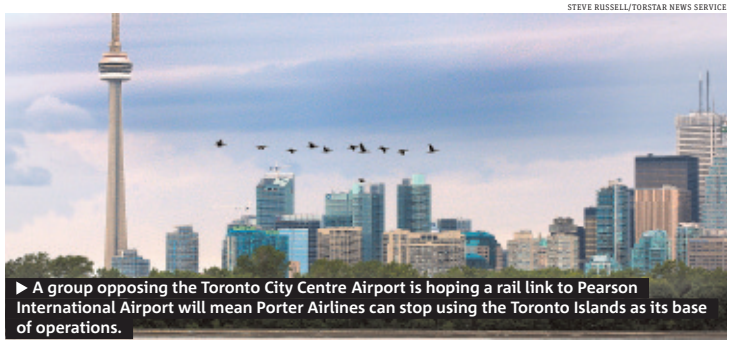
It suggests the island airport land should be converted into a park and other facilities.

Last week, the province said it would take over construction of a rail link after a deal with a Montreal-based company collapsed.

It says the link should be ready in time for the Pan Am Games in 2015.

THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE



▶ A group opposing the Toronto City Centre Airport is hoping a rail link to Pearson International Airport will mean Porter Airlines can stop using the Toronto Islands as its base of operations.

No body cams yet for Toronto police

Testing likely won't happen soon given 2010, 2011 budget restraints

Toronto police won't be outfitting officers with body cameras any time soon, but they admit things are "moving in that direction."

While police forces around the globe are equipping officers with cameras clipped to bike helmets, lapels and vests, police in this city are still focused on increasing in-car cameras and surveillance cams in public spaces. Rights advocates say the devices raise protocol and privacy issues.

"The trend is clearly going in that direction, though there are no plans here for that at this point," said Mark Pugash, director of the Toronto police public information unit.

"We have invested heavily in CCTV and in-car cameras, and the reasons are accountability, best possible evidence and protection of the officer and the protection of the public" Pugash said.

TORSTAR NEWS SERVICE

Concerns

Nathalie Des Rosiers, general counsel with the Canadian Civil Liberties Association, sees two crucial factors.

- "Who has access to the images and (audio) tape?" she asked. "Does the person being filmed have access to it?"
- The other half of the issue is whether they are destroyed or kept for long periods of time, she said.
- She said there should be protocols established for the safekeeping of the data and for editing.

6 Police in Victoria tested six mini-cameras in 2009. They cost about $1,500 each in 2009 and are mounted on helmets or sunglasses. At that year's rowdy Canada Day festivities, the devices were credited with helping identify an assault suspect.

HENRY STANCU/TORSTAR NEWS SERVICE

▶ Spy Tech sales rep Matt Loeb shows off a personal body camera clipped to his vest. Personal body cams have become compact and inexpensive, much like this rechargeable model that sells for less than $200 at Spy Tech.

1 news

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TANNIS TOOHEY/TORSTAR NEWS SERVICE

Midsummer cooldown

Two-year-old Lucy Reimer plays in the water at the Wychwood Barns splash pad on a hot holiday Monday.

Poorer cancer patients likelier to die: Study

Cancer patients from poor neighbourhoods have a greater chance of dying prematurely than their wealthier counterparts, says a new study, describing a problem that persists despite universal health care in Canada.

Much of the literature on the topic, especially in the United States, has partially explained this disparity by saying it is due to the fact that poorer people are diagnosed when their cancer is at a later stage. But this particular study of Ontario patients didn't find that to be the case.

Heather Chappell, director of cancer-control policy at the Canadian Cancer Society, said the findings mean researchers and the medical community need to be looking at what other reasons might be at play.

Lead researcher Dr. Christopher Booth of the Queen's University Cancer Research Institute agreed.

"There's a whole host of factors, so it might be at the tumour level. It might be that people with different backgrounds have more aggressive biology in their disease. It might be other aspects of health that are correlated with socioeconomic status," Booth said.

The study was published online yesterday in Cancer, a journal of the American Cancer Society.

THE CANADIAN PRESS

Findings

The study looked at median household incomes from the 2001 Canadian census and used the Ontario Cancer Registry to identify patients diagnosed from 2003 to 2007.

- **Breast cancer** The chance of a woman from a poor community being alive five years after diagnosis of breast cancer is 77 per cent, compared to 84 per cent for affluent women, said a lead researcher.
- **Colorectal cancer** Fifty-two per cent of patients with colorectal cancer from the lowest socioeconomic groups are alive five years after diagnosis, compared to 60 per cent of those in the most affluent communities.

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Critics blast possible ID theft on Ont. website

Provincial government said it has launched an investigation, temporarily suspended licence service

Opposition critics are blasting the Ontario government after it revealed there was a possible case of identity theft linked to its driver's licence address-change website.

The government said on the weekend it was probing "misuse" of the website, and cited possible identity fraud.

NDP justice critic Peter Kormos said the information would have been safer with human civil servants who can verify whether people requesting an address change match the photo on the licence.

TANYA TALAGA/TORSTAR NEWS SERVICE

"They've set up millions of people for identity theft and identity fraud," he said.

"It's not enough now simply to say we're going to fix it. It's important now for the Liberal government to determine how many people have been exposed and to ensure that those people who have been exposed have not had their identities corrupted."

At least one affected person who lives in the Niagara region has contacted Kormos, and he said there could be more cases.

The man, who asked to speak on condition of anonymity because he is concerned about having his identity stolen again, thinks someone with a photocopy of his driver's licence used the online system to make an unauthorized address change.

THE CANADIAN PRESS

Caribana food fest wraps up

Toronto's Caribana festival continued yesterday with the flavours of jerk chicken, roti and beef patties.

The Caribbean food festival wrapped up yesterday at Ontario Place. This was the last major event of the month-long party.

A few small events will be held over the next two weeks.

Organizers say Caribana's economic benefit to Ontario will remain for some time.

They say tourists in town for the festival spend $350 million. THE CANADIAN PRESS

Drowning boy pulled from pool

A four-year-old boy is in hospital after being pulled from a residential pool in Mississauga yesterday.

Peel Const. George Tudos said police received a call around 1:35 p.m. When emergency crews arrived at the home, CPR was being performed on the boy, who was unconscious and not breathing, he said.

Paramedics continued CPR and transported the boy to hospital. En route, paramedics were able to find his pulse, Tudos said.

"We're just all very distraught," said a neighbour.

TORSTAR NEWS SERVICE

Dead teen in river identified

A teenage boy whose body was found in the Humber River Friday was last seen in the area four days before the grisly discovery was made, police have learned.

Andrew Dowden, 17, was reported missing by family members last Thursday.

He was seen in the Finch Avenue West and Highway 427 area around 8 p.m. last Monday.

Det. Susan Gomes said police are still trying to piece together the events of that evening.

TORSTAR NEWS SERVICE

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SAFETY

New rules cost at least two drivers

At least two drivers have received licence suspensions under Ontario's new regulations for zero blood alcohol for young drivers.

Toronto police Sgt. Jeff Redden said two people younger than 21 years old received one-day suspensions so far this weekend.

Ontario Provincial Police said they will release complete numbers today.

Under new regulations in effect this weekend, Ontario drivers age 21 and younger must have a blood alcohol level of zero.

Maximum penalties include a 30-day suspension and $500 fine.

The Transportation Ministry said 235 drivers in the age bracket died in impaired driving crashes over the past 10 years.

THE CANADIAN PRESS

Two officers allegedly urinated on

A Brampton man is facing charges after allegedly urinating on two police officers in Wasaga Beach.

The officers said they were called to a business after complaints a drunk man was bothering staff and customers.

Police allege the man became verbally abusive, spit, and then urinated on the officers. THE CANADIAN PRESS

Hit by boat, woman hospitalized

A Toronto woman is in hospital after being hit by a boat while swimming in an eastern Ontario lake.

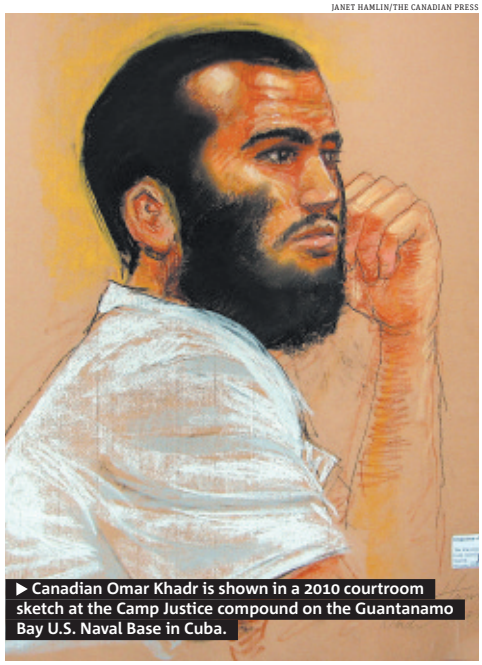
Police said a small boat struck the 53-year-old woman, who was swimming in West Lake Saturday.

The lake is located about 50 kilometres south of Belleville.

THE CANADIAN PRESS

Defence lawyer asks for halt to Khadr trial

JANET HAMLIN/THE CANADIAN PRESS



▶ Canadian Omar Khadr is shown in a 2010 courtroom sketch at the Camp Justice compound on the Guantanamo Bay U.S. Naval Base in Cuba.

Canadian prisoner a recipient of second-class justice, lawyer argues

A military defence lawyer for Omar Khadr says he has asked the U.S. Supreme Court to halt the upcoming war crimes trial of the youngest detainee at Guantanamo Bay.

The trial is scheduled to begin Aug. 10 for the Toronto-born inmate and it would be the first at the U.S. Navy base under President Barack Obama's administration.

Khadr, son of a slain al-Qaida financier, is accused of throwing a grenade that killed a U.S. soldier in Afghanistan and faces a maximum life sentence if convicted. Khadr was 15 when he was captured in 2002.

His lawyer, Army Lt. Col. Jon Jackson, argued the offshore system for prosecuting terror suspects is unconstitutional. Among other concerns, he said it is unfair because it is reserved only for non-U.S. citizens.

Jackson said the military commissions provide the young Canadian only second-class justice.

THE ASSOCIATED PRESS

Second attempt

- Army Lt. Jon Jackson said he filed the emergency petition with the high court yesterday because a federal appeals court in Washington had not acted on a request he filed four months ago.

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San Francisco $389
Travel Oct 13 - Oct 20/dl + taxes & fees $131

Rome $399
Travel Sep 30 - Oct 15/ts + taxes & fees $315

Honolulu $458
Travel Sep 15 - Sep 22/dl + taxes & fees $128

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Niagara Falls 1 Night + Waterpark $58◊
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California Air + 7-Day Car $499
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New York Air + 4 Nights $599
Holiday Inn Manhattan 6th Avenue + taxes & fees $131
Departs Aug 21/ggv/ac.

Halifax Air + 3 Nights + Tours $629
Atlantica Hotel Halifax + taxes & fees $137
INCLUDES city tour, admission to Citadel Hill and whale watching tour. Departs Aug 10/ggv/ws.

Adventure Tours

Thailand 6-Day Tour $364
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Peru 7-Day Tour $744
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HIGHLIGHTS Cuzco, Sacred Valley, Ollantaytambo, Inca Trail and Machu Picchu. Roundtrip Cuzco. Departs Aug 15 or 24/itp.

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News in brief

▶ Ban Ki-moon

Israel OKs flotilla probe

JERUSALEM. Israel announced yesterday it will take part in a UN investigation into the Israeli raid on a Gaza-bound flotilla last spring, in a departure from its mistrust of the world body. UN head Ban Ki-moon announced an investigation into the incident in which nine Turkish activists died after being shot by Israeli commandos. **THE ASSOCIATED PRESS**

100 tombs vandalized

HAMILTON. Police are looking for suspects who knocked over more than 100 headstones at East Lawn Cemetery. **THE CANADIAN PRESS**

Sanctions to cut illicit cash

SEOUL, SOUTH KOREA. Washington's new sanctions seek to cut off North Korea's illicit moneymaking sources by freezing the assets of those who help the regime fund its nuclear weapons program, a senior U.S. envoy said yesterday. **THE ASSOCIATED PRESS**

Men guilty of terrorist plot

NEW YORK. A former member of Guyana's parliament and another man were convicted yesterday of plotting to blow up jet fuel tanks at John F. Kennedy International Airport, a plan that authorities said was meant to outdo 9/11 and avenge perceived U.S. oppression of Muslims. **THE ASSOCIATED PRESS**

Flying into the face of the unknown

White pelicans are among 118 migratory birds in Canada that migrate to the Gulf region ◐ U.S. is paying farmers to create feeding grounds

For centuries the American white pelican has flocked to Ontario's northwestern shores to breed, but experts are worried that many of the awe-inspiring birds — whose wingspans can reach 2½ metres — may never make the trip north again.

At last count, about 12,600 mature pelicans spend their summers in Ontario, with the largest colonies in Lake of the Woods and Lake Nipigon, said Joe Nocera, a scientist with the Ontario Ministry of Natural Resources.

The birds are a major attraction for tourists, who come from as far away as Great Britain to see them, said Shawn Sas, who runs the HooknBullet Lake Tours in Kenora, Ont.

"Twenty-five, 30 years ago, you'd never see pelicans up this far," he said.

But there are many dangers that await them in the Gulf's oil-slicked waters.

The pelicans could starve if they can't find enough to eat in the shallow coastal waters, Nocera said.

Oil on their plumage reduces their ability to capture fish and regulate their temperature, causing them to die of hypothermia in the middle of the ocean's warm waters.

Even if they find enough food to survive and manage to avoid the oil, they could eat fish that were affected by the spill and become contaminated themselves, he said.

If their numbers drop significantly, the birds will likely retreat to their colonies in the United States and abandon their breeding grounds further north in Ontario, said Matthew Reudink, a post-doctorate fellow at Trent University in Peterborough, who has studied the birds for years.

Canadian Wildlife Service biologist Garry Donaldson said the impact is uncertain. **THE CANADIAN PRESS**

DAVID DRINKWATER/THE CANADIAN PRESS

▶ White pelicans may be heading to their demise when they fly south this fall — straight into the path of the BP oil spill.

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Whitney Town Centre

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Market Village
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Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
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Square One Shopping Centre (kiosk)
Westgate SmartCentres

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Bayview Village
Centerpoint Mall
Crossroads Plaza
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Lawrence Square
North York Sheridan Mall
Shoppers' Centre
Yorkgate Mall

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Oakville Place
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CSIS probes its interrogations

The Canadian Security Intelligence Service has ordered a comprehensive review of its dealings with detainees in Afghanistan amid questions about its role in conducting interrogations, an internal memo obtained by The Canadian Press reveals.

The memo shows the service scrambled to brief Public Safety Minister Vic Toews after The Canadian Press requested comment for a forthcoming story that revealed CSIS had worked alongside the military to question captured Taliban fighters.

Wesley Wark, an intelligence specialist at U of T, said, "They may have a feeling this was done in a hurry and they'd better know precisely what went on when people start asking them."

How CSIS conducts Afghan operations has never been discussed publicly.

THE CANADIAN PRESS

Russia. Blaze

▶ A man stands in the courtyard of his house after it was destroyed by a fire in the village of Shuberskoe, Russia.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Wildfires ravage Russia

Forty people are dead after wildfires continued to rage across central and western Russia yesterday after weeks of searing heat and practically no rain.

Iraq war nearing the end: Obama

U.S. President Barack Obama declared yesterday the Iraq war was nearing an end though it comes amid persistent instability and uncertainty in Iraq.

Obama cited progress toward meeting his deadline of withdrawing all U.S. combat troops by the end of this month.

Under an agreement negotiated in 2008 with the Iraqis, all American troops are to be gone from Iraq by the end of next year.

THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

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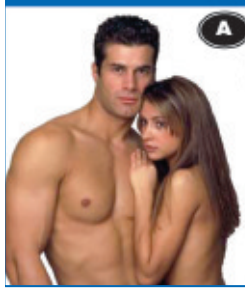

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DAR YASIN/THE ASSOCIATED PRESS

▶ Kashmiri Muslim children play near barbed wire set up as a road blockade yesterday by Indian paramilitary soldiers during a curfew in Srinagar, India. Government troops fired at thousands of people protesting Indian rule over the country's portion of Kashmir.

Seven killed during violent Indian protests

- Death toll climbs to 40 over seven weeks
- Kashmir leader pleads for violence to end

Government troops fired live ammunition and tear gas into crowds of anti-India protesters yesterday as tens of thousands of people demonstrated across Indian-controlled Kashmir, police said. Seven civilians were reported killed.

More than 60 protesters and almost 70 government forces were injured on one of the worst days in nearly two months of violent clashes between troops and residents who strongly oppose India's rule over the predominantly Muslim region.

The recent unrest in the Himalayan region — divided between India and Pakistan and claimed by both — is reminiscent of the late 1980s, when protests against New Delhi's rule sparked an armed conflict that has since claimed 68,000 lives, mostly civilians.

Kashmiri Muslims have held massive street protests, attacked security camps with rocks and burned police stations. Government forces have responded by using live ammunition and tear gas to break up the protests.

Clashes erupted again yesterday in dozens of places across the region, as protesters defied a round-the-clock curfew. THE ASSOCIATED PRESS

Anti-Indian

- India and Pakistan have fought two wars over Kashmir since 1947.
- Separatist politicians and militants reject Indian sovereignty over Kashmir and want to carve out a separate homeland or merge with predominantly Muslim Pakistan.

PAKISTAN FLOODING

Multiple threats

The Pakistan government is facing a number of problems after the worst floods in the country's history killed 1,200, according to an official.

People in the northwest are facing the threat of a waterborne disease that could kill thousands more if health workers cannot deliver enough clean drinking water and treat patients in relief camps. Medical teams were dispatched yesterday.

To compound the problems, residents have railed against the government for failing to provide enough emergency assistance nearly a week after the heavy monsoon rains began.

The anger of the flood victims poses a danger to the already struggling government, now competing with Islamist movements to deliver aid in a region with strong Taliban influence. THE ASSOCIATED PRESS

Alcohol ruled out in B.C. crash

A long weekend crash on a B.C. highway left six people dead when a minivan crossed into oncoming traffic east of Golden Sunday and hit a motorhome head on.

Everyone in the minivan died at the scene, while the two occupants of the RV were treated for non-life-threatening injuries. THE CANADIAN PRESS

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Today is crucial for RIM

- Company needs an 'iPhone killer'
- Difficult timing with UAE restrictions on BlackBerry

Research In Motion is set to launch a new BlackBerry today that's expected to take on Apple's iPhone — a key event the company likely doesn't want overshadowed by restrictions on its devices in the United Arab Emirates.

In New York, the BlackBerry maker is expected to unveil a new touchscreen smartphone with a pull-out keyboard and a new operating system to make Internet surfing faster. The phones will run on U.S. carrier AT&T's network.

Wunderlich Securities Inc. analyst Matt Robison said RIM needs to introduce a strong product, or the UAE's recently announced restrictions on email, texting and web browsing will carry more weight.

"We believe the nature of the Middle Eastern news is distracting enough that (today's) AT&T event must include a compelling introduction of a BlackBerry 6 phone with a multitouch to overcome it," Robison wrote in a research note.

Research In Motion is competing for consumers' loyalty against not only the iPhone, but Google-powered Android smartphones, which have touchscreens and pullout keyboards.

RIM released a touchscreen phone almost two years ago to mixed reviews and analysts have often asked when it will introduce an "iPhone killer."

RIM said yesterday it won't compromise security after the Persian Gulf country said it will ban email, messaging and web browsing on its smartphones.

THE CANADIAN PRESS

UAE ban

The UAE plans to ban email, messaging and web browsing on BlackBerrys.

- **Visitors, too** The ban will take effect Oct. 11 and will apply to visitors to the UAE as well.
- **Censors** UAE is among countries that censor websites and other forms of media.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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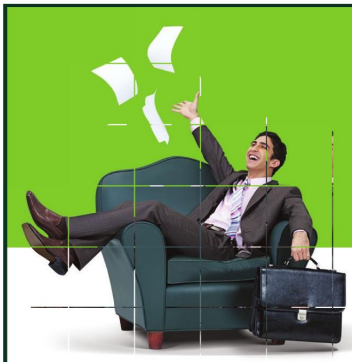

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DATING IN THE DARK: DOS AND DON'TS

She says ...

JESSICA NAPIER

We relationship folk spend a lot of time living vicariously through our single friends.

Sometimes I find myself getting a bit jealous when I hear about those exciting first dates filled with nervous butterflies and romantic optimism. However, more often than not, I end up listening to hilarious tales of bad dates gone awry and thank God those days are behind me for now.

The worst stories are always from the girls who begrudgingly go on blind dates set up by friends, co-workers and, in one case, a well-meaning stranger on a plane.

I have never been on a blind date. Either everyone is under the impression I have no trouble finding my own dates or no one wants to subject someone they care about to an evening with me. Either way, I'm not an expert on the subject.

That being said, I have heard a lot of horror stories. And in the interest of saving my single friends from more matchmaking disasters I thought I'd share a few dos and don'ts for all of the prospective blind daters out there.

"The worst stories are always from the girls who begrudgingly go on blind dates set up by friends, co-workers and, in one case, a well-meaning stranger on a plane."

DO avoid venues that involve finger food

Now I like a pound of honey garlic wings as much as the next girl, but I also know that I tend to resemble a caveman while ravenously gnawing on a saucy drumstick. A romantic date this is not fellas.

DON'T cyberstalk your date

True blind dating doesn't really exist in the age of Internet, but that doesn't mean you need to go overboard with your background check. A simple Google search is acceptable but quoting her latest Twitter updates and talking about how much you enjoyed her Facebook photo album of a 2005 trip to France is a little over-the-top.

DO dress like you care

Have you invited her out to a swanky martini bar and shown up in Birkenstocks and a ratty fleece? Congratulations, you'll be spending your next afternoon hike alone wondering why she never called you back.

DON'T conjure up a cute nickname

If you are one of those people who insist on giving your partner an adorable over-the-top name this is not the time to invent it.

DO have an open mind

Because, ultimately, what's the worst that can happen? Chances are you're going to spend an evening with Mr. or Miss Not Quite Right and end up with a funny story to tell your friends.

Cartoon

MICHAEL DE ADDER

Private versus public

Letters & Tweets

Re: Health care: Stop fearing private sector (July 30)

TORONTO. In a bid to convince us of the advantages of the private sector in health care, David Descôteaux wrote that we should embrace a model where universal coverage is ensured by the state, but where the supply of service, like operating a hospital, is open to the private sector. He made the point that in Denmark you will be sent, fully covered, to a private hospital if waiting time for an operation is longer than one month. But he didn't mention that in Denmark, 44 per cent of the work force pays 70 per cent of its income in taxes. He also made the point that in France 40 per cent of hospitals are privately owned and for profit, but it's fair to say that even though per capita spending on health care was very similar between France and Canada in the past, the last decade has seen a greater growth in health-care spending in France than in Canada.

Since the column was inspired by a 15-hour wait in the ER, I assume the real subject was the standard of living. I just wonder, was that column an attempt by a pro free-market fiscal conservative to tell me that a higher standard of living requires higher taxes? Or did I miss the point?

JOHNNY DIB

Standard of care

What's your favourite karaoke song? Why?

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Metro Minute with Xococava treats

Take three things that have no business being put together, add a dash of culinary alchemy and you have the most original — if not tastiest — ice cream flavour in town. Saffron Passionfruit White Chocolate is exactly what it advertises: A rich white chocolate base, sweetened with a shock of passion fruit and seasoned with a dash of Spain's national spice. Which all starts to make sense when you look up from your ice cream haze and realize you're in Xococava, the sugary subsidiary of renowned tapas bar Cava. Trust the judgment of these confectionary masterminds — you'll be too busy wolfing down your frozen treat to even say muchas gracias!

JORDANA DIVON

JORDANA DIVON/FOR METRO TORONTO

▶ Xococava is located at 1560 Yonge St.

Arcade Fire book a trip to The Suburbs

- **Montreal indie band reach back to childhood for inspiration on long-awaited new album**
- **Maintain control of sound in an era when albums are routinely leaked on the Internet**

Over the summer, Arcade Fire treated fans to a series of hastily organized gigs that allowed the band to refine its new set of songs and fuel an ever-elevating level of hype for its long-awaited third disc, The Suburbs.

But the semi-surprise gigs had an unintended effect on the band.

"We did those shows and then I already couldn't listen to the record anymore," multi-instrumentalist Will Butler told The Canadian Press over the telephone from Montreal.

"Because it was: 'Oh, this is totally foreign to what is happening live.'"

Fortunately for Butler and co., it's unlikely many fans felt the same way, since the band was able to do what they usually manage to do — maintain control.

The sound of The Suburbs had been a well-kept secret in an era during which new albums leak like faucets in nightclub washrooms. The album did, eventually, circulate illegally on the Internet but it took unusually long.

Rumours about the record were dribbled out slowly by Arcade Fire, leaving fans — and the likes of indie outlet Pitchfork — trying to parse supposed hidden messages on the band's website. As the band played its series of intimate shows, fans began to post grainy concert clips online, which were eagerly dissected by others who impatiently awaited the album's release.

GETTY IMAGES

▶ Brothers Will (left) and Win Butler of Arcade Fire perform at The Festival d'Ete de Quebec. Their new album is out today.

The band wanted to make a big deal about The Suburbs and knew fans would play into the tease, Butler said.

"For us, it felt like a long time between these two records," he said.

"The album doesn't matter as much to a lot of bands, which I think is fine, I think that's kind of how the world is turning.

The band began work in earnest on The Suburb in May 2009. Many of its 16 tracks are imbued with an immediacy that was once foreign for the band. For instance, first single Ready to Start and the art-punk roar of Month of May are more straightforward than anything the band has previously recorded.

The band stretches its legs elsewhere, from the rollicking piano gallop of The Suburbs, to the woozy shoegaze of Empty Room, to the giddy Blondie stomp of Sprawl II (Mountains Beyond Mountains).

In that evolution toward a more compact sound, the band risked sacrificing the all-out catharses achieved again and again on the 2004 debut, Funeral. Fans revel in those exhilarating moments during which layers of instrumentation coalesce with Win Butler's sky-reaching vocals and the insistent chant of the rest of the band, creating something almost too grandiose for a rock club.

"Some of the songs on this record, it's a little more sparse," Butler acknowledged. "But I think that's also just the variety thing that we wanted to get down. We wanted to have some thick songs and some thin songs."

THE CANADIAN PRESS

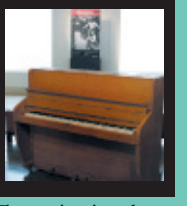
"We were just looking for a variety, definitely, of tone and of sound. That's partly why some of it sounds lighter."
WILL BUTLER

Urban sprawl

- **The Album's** title is, of course, telling — Win Butler really is singing here about the suburbs, about their sprawl, their stultifying effect and, at times, their comforts.
- **Win and Will** Butler were raised in The Woodlands, Texas before relocating to Montreal, where Arcade Fire was formed. Will Butler said the area they grew up in was a planned community that took off in the 1970s. The brothers left town for boarding school in their teens, so they're reaching pretty far back for some of the memories.

2 scene

News in brief



These ivories have history.

A British auction house is offering up a piano from London's Abbey Road Studios that's featured on tracks by the Beatles and Pink Floyd. Auctioneer Bonhams said yesterday that the battered Challen upright, scarred by coffee stains and cigarette burns, is expected to fetch and $243,000.

The piano resided at Abbey Road's Studio Three between 1964 and the 1980s, and was used on tracks including The Beatles' Tomorrow Never Knows and Paperback Writer.

THE ASSOCIATED PRESS

Uncle Phil is pushing for a Fresh Prince movie

Reason to switch #109:

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TOP 5 ALBUMS OF THE YEAR SO FAR

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

With just a few weeks away until music industry revs up for the fall, and we're seven months into the year, now's a good time to look back at some of the great records you may have missed — or can't stop listening to — in 2010.

Here are my top 5 records of the year so far:

Black Keys — Brothers

I get a lot of records, most I listen to a few times and put aside. But not the Black Keys' new album — it's worn out my stereo. From the heavy, opening bass beats of Everlasting Love to the throwback R&B sounds in the soulful The Only One, this isn't just one of the best records of the year, it could be one of the more memorable discs of the decade.

Wintersleep — New Inheritors

I wasn't a fan of Wintersleep's Welcome to the Night Sky. It was too meandering and uneven. But their latest release is a different story. There are still plenty of epic moments, but they found the perfect balance between infectious indie rock and soaring pop. Black Camera is a standout — it's single guitar and low-key drums intro gives way to loud blasts of rapid beats and a fist-pumping chorus.

▶ Yeasayer

▶ The Black Keys

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Yeasayer — Odd Blood

This disc came out early in the year, but it's still one of my favourites. The band's sophomore disc is full of stunning electro pop, layered in thick instrumentation and complex harmonies. It's not only thought-provoking record, but it's a fun to sing with — Ambling Alp is easily one of the best songs from any band this year.

Hannah Georgas — This is Good

Hannah Georgas was robbed of a Polaris Music Prize nomination. The Vancouver songstress is one of those rare singers that you just know will be big — it's a shame she's not up for the prize. This debut is a gritty indie rock disc that recalls old Liz Phair and Emily Haines. Her sweet melodies are shrouded in an aggressive edge — listen to the fantastic Lovesick and you'll see what I mean.

▶ Hannah Georgas

Wavves — King of the Beach

I just reviewed this disc last week, but it's already found a permanent place on my iPhone. If you haven't noticed, I'm a big fan of big pop hooks and this disc has plenty of them. Its frenetic grunge rock, aggressive blasts of fuzzy guitars, layers of noise and Cobain-like melodies should have been the next step from Nirvana. Too bad we got Creed instead of these guys.

News in brief

Madonna directs movie

PEOPLE The Material Girl is illuminating the City of Light, where she's shooting her latest film, W.E. Dressed all in black and heavily accessorized in dark shades, a hat and a patterned scarf, Madonna directed Saturday's shoot in Paris' tony 6th district.
THE ASSOCIATED PRESS

Batman goes to auction

BOOKS A longtime Alaska comic book buff is selling one of the gems in his vast collection, a rare copy of Batman No. 1 published 70 years ago. Mike Wheathas put the 1940 comic book on the auction block. It's expected to fetch more than $40,000.
THE ASSOCIATED PRESS

Supermodel on hold

COURTS The defence in the war-crimes trial of former Liberian president Charles Taylor is seeking to postpone testimony by fashion model Naomi Campbell. She is due in court Thursday. But Taylor's lawyer says the prosecution has failed to disclose exactly what she is expected to say, preventing him from preparing his cross examination.
THE ASSOCIATED PRESS

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DVD Releases this week

Buy it | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

Assault on the senses

Kick-Ass
Genre: Action **Director:** Matthew Vaughn
Stars: Aaron Johnson, Christoper Mintz-Plasse

Kick-Ass is an assault on the senses, with bullets firing, blades slashing and bodies thudding, bleeding and burning at every turn. The violence is most graphically seen and felt in the turbulence of Chloë Grace Moretz, just 11 when she made this, who plays a sociopathic pre-teen vigilante aptly named Hit Girl.

The film by Matthew Vaughn (Layer Cake) succeeds as violent fantasy about our perilous and fretful times, where regular citizens feel compelled to take action against a social order rotting from within. Aaron Johnson, soon to be seen as John Lennon in Nowhere Boy, illuminates and entertains as the naive citizen vigilante of the title.

Kick-Ass has more to say than other movies of its ilk, although it's a very cynical message — the implications of Hit Girl alone could keep a platoon of psychiatrists and sociologists talking for days.

The film is post-modern

surgery into the superhero myth, driving a scalpel into the warped logic of misanthropic killers who masquerade as civic do-gooders. PETER HOWELL

The Ghost Writer
Genre: Thriller
Director: Roman Polanski
Stars: Ewan McGregor, Pierce Brosnan, Kim Cattrall

Roman Polanski is in total command of his medium, something that hasn't been a sure thing since the 1970s, The Pianist notwithstanding.

He builds a film where revealed truth and rising dread are carefully brought together, bit by bit. Pierce Brosnan plays Adam Lang, a former British prime minister, very much like Tony Blair, who has exiled himself to the beach isolation and high security of an unnamed American coastal island.

Lang feels the need to set the record straight by means of an autobiography, having sullied his reputation with too much involvement in Middle Eastern politics and too much trust in the U.S. president. But getting the word out is proving to be a dangerous occupation: his first ghost writer is found dead — suicide is assumed — and the ghost's replacement, nicely underplayed by Ewan McGregor,

is no sooner on the job when he's mugged on a London street. This is a movie to savour like a good book. PETER HOWELL

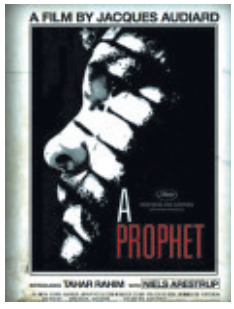
A Phophet
Genre: Drama **Director:** Jacques Audiard
Stars: Tahar Rahim, Niels Arestrup

Anyone who believes in the corrective potential of prison life is guaranteed to be plunged into despair by this latest film by genre master Jacques Audiard.

Corruption is as thick as the grime that covers the seedy French prison where much of the brisk story unfolds. The place is so rife with collusion, with guards allowing favoured criminals free reign, it's almost as comical as an old Hogan's Heroes episode — except nobody's laughing.

Relative newcomer Tahar Rahim wrings empathy for a brutal character out his lead role of Malik, a young prisoner who quickly susses the alliances and double-crosses needed to survive behind bars. He makes us admire his determination, if nothing else.

A Prophet hardly needs the non-ironic musical underlining that Mack the Knife provides so directly: "Oh, the shark, babe, has such teeth, dear / And it shows them



pearly white ..."

Yet the tune has the mood exactly right. This is a movie that jumps up and grabs you by the throat. PETER HOWELL

Inception outclasses Dinner

Inception is still kicking at the box office.

The mind-bending Warner Bros. thriller starring Leonardo DiCaprio remained the No. 1 movie for the third-straight weekend with $27.5 million, bringing its total to $193.3 million, according to studio estimates.

Inception edged out the weekend's new releases: Dinner for Schmucks, Cats & Dogs: The Revenge of Kitty Galore and Charlie St. Cloud.

"Inception has seeped into the cultural zeitgeist," said Paul Dergarabedian, box-office analyst for Hollywood.com.

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to Hollywood.com.

1. Inception, $27.5 million.
2. Dinner for Schmucks, $23.3 million.
3. Salt, $19.2 million.
4. Despicable Me, $15.5 million.
5. Cats & Dogs: The Revenge of Kitty Galore, $12.5 million.
6. Charlie St. Cloud, $12.1 million.
7. Toy Story 3, $5 million.
8. Grown Ups, $4.5 million.
9. The Sorcerer's Apprentice, $4.3 million.
10. The Twilight Saga: Eclipse, $3.9 million.

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Next stop on the Lohan bus: Rehab

Actress heads straight to the UCLA Medical Center for a 90-day program after her release from jail

Lindsay Lohan has been released from jail, but she's not exactly a free woman.

The actress was discharged early yesterday after serving 14 days for violating her probation in a 2007 drug case, Los Angeles sheriff's spokesman Steve Whitmore said. She is now required to immediately begin a three-month stint in rehab, he added.

A prosecutor has said that Lohan cannot be released early and will have to spend the entire time in treatment.

Due to overcrowding in California jails, inmates such as Lohan who are serving time for nonviolent offences and have no criminal records typically have their stays reduced for good behaviour.

Lohan, 24, was released to a waiting vehicle and did not walk out the front doorway, avoiding a throng of photographers.

Lohan's attorney, Shawn Chapman Holley, did not immediately return an email seeking comment.

Lohan pleaded guilty in August 2007 to two misdemeanour counts of being under the influence of cocaine; no contest to two counts of driving with a blood-alcohol level above 0.08 per cent and one count of reckless driving. She was sentenced to three years of probation.

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AP PHOTO

▶ Lindsay Lohan

AP PHOTO

▶ The happy couple

Alicia Keys weds producer beau in surprise ceremony

NO ONE ... WENT Alicia Keys and Swizz Beatz tied the knot in a private ceremony on the French island of Corsica, according to People magazine. The wedding was officiated by Deepak Chopra. Keys and her new husband, who have been together since 2008, are expecting their first child later this year.

"Whatever we're blessed with, that baby is being born to blessed parents," the groom recently told the magazine.

METRO WORLD NEWS

Dawson tries the whole marriage thing again

BUT THIS TIME HE REALLY MEANS IT! BEFORE HE WAS ONLY KIDDING ABOUT THE 'REST OF MY LIFE' STUFF Just a week after finalizing his divorce from Heather McComb, James Van Der Beek wed his pregnant girlfriend, Kimberly Brook, in a private ceremony over the weekend. "Best day of my life so far. The woman I love did me the honor of (becoming) my wife today," Van Der Beek posted to his Twitter account. "I look forward to earning her for the rest of my life."

METRO WORLD NEWS

Talking points

Actress feeds her Love habit

WHAT DO YOU GET WHEN YOU CROSS A NEEDY TV STAR WITH AN OPPORTUNISTIC ACTOR? Jennifer Love Hewitt has apparently moved on after her split earlier this year from her Ghost Whisperer co-star Jamie Kennedy, as sources say she's happily dating 27-year-old actor/director Alex Beh, according to Us Weekly. "She's so into him," a source says. "It's relatively new. But they're really cute together. They were holding hands the whole night" on a recent evening out.

Rodman in car wreck

SLAM, DUNK. Basketball veteran Dennis Rodman was involved in a terrifying car wreck over the weekend when a tire blew out on the SUV he was traveling in, causing the vehicle to flip over three times, according to TMZ. Rodman, who wasn't driving, managed to walk away from the accident sustaining only a scratch on his finger. The driver was taken to a local hospital to be treated for head wounds.

METRO WORLD NEWS

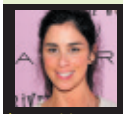
The SUV crashed into what's left of his career

Celebrity tweets

Matthew Perry [@langford-perry] Just landed in las Vegas....which I'm told is spanish for the Vegas.

Ben Stiller [@RedHourBen] I am now following @kanyewest. Looking forward to how my life will change.

Milla Jovovich [@MillaJovovich] Ppl hve been asking what religion I am. Well, I'm russian orth. by birth, but I'll go 2 any church where I feel love and spirit! God bless!



Sarah Silverman [@SarahKSilverman] I'm unable to explain what I mean by this but Leonardo DiCaprio has a tuna face.

METRO WORLD NEWS

Sheen has a date with justice

AND FRANKLY IT'S THE ONLY KIND OF DATE HE SHOULD BE HAVING. Actor Charlie Sheen was due in court yesterday where he was expected to plead guilty to a charge stemming from a Christmas Day dispute with his wife. Sheen has agreed to plead guilty to misdemeanour assault.

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American Idol judges in the hot seat now

With the departure of judges Simon Cowell and Ellen DeGeneres, who will replace them? Lopez, Tyler are reported to be filling their shoes

AP PHOTO

▶ Jennifer Lopez has reportedly been asked to take a judge's seat on American Idol, provided she learns how to sing first

Fox executives are remaining quiet about possible changes on American Idol amid reports that television's favourite show was about to welcome Jennifer Lopez and Aerosmith's Steven Tyler as new judges.

Fox network chief Peter Rice said yesterday there were no deals signed for new judges on the show, which is losing Simon Cowell and Ellen DeGeneres from its panel.

Rice said some of the media speculation about the future of American Idol is accurate and some is "wildly inaccurate."

He refused to offer any details during a presentation to reporters at the Television Critics Association summer meeting.

The revamp comes after a season in which ratings dipped, but not enough to knock American Idol from the No. 1 spot. In addition, there have been rumours that producers will also be parting ways with judge Kara DioGuardi.

THE ASSOCIATED PRESS

AP PHOTO

▶ The paragon of wisdom and mature thought known as The Biebs will release his memoirs in October.

Bieber Fever: Now in paperback

You're never too young to write a memoir.

Sixteen-year-old Justin Bieber's book comes out in October.

HarperCollins announced the pop star's memoir yesterday, saying Justin Bieber: First Step 2 Forever: My Story will reveal the teen sensation's "amazing journey to stardom."

The book also will include previously unseen photos for "fans afflicted with Bieber fever."

In a statement released by the publisher, Bieber says he is "excited to share just a little bit more of my world."

16 The number of years of profound insight and life experience that pop star Justin Bieber brings to the planet.

THE ASSOCIATED PRESS

Parents, this is your future

UNLESS WE SUPPORT THE SWIFT ERADICATION OF ALL THINGS KARDASHIAN

Laurence Fishburne's 19-year-old daughter, Montana Fishburne, is set to release a sex tape this month through porn distributors Vivid Entertainment. "I've watched how successful Kim Kardashian became and I think a lot of it was due to the release of her sex tape," Montana tells website CarltonJordan.com. "The first time is really nerve racking," she says of performing for the camera, "but, I have a lot of at-home experience."

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3 life

Splash & stretch with Pool-ates

Pilates in the pool makes for a three-dimensional aquatic exercise with lower impact on joints and muscles Hop in and work it in the water

Pool-ates in a warm pool is a great and gentle workout.

ROMINA McGUINNESS
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By taking it to the water, Boo Pfeiffer added bounce and buoyancy to Joseph Pilates traditional moves. More accessible, yet just as challenging, Pool-ates is a three-dimensional aquatic exercise that promises to lean, strengthen and flex your body — just as long as you go with the flow.

"Pool-ates stays true to the work of Joseph Pilates," explains Pfeiffer. "The difference is that the lower impact on joints and muscles makes it more accessible."

Being in the water allows people with injuries, arthritis or whose weight prohibits them from carrying out certain moves, to participate.

The principle of Pilates is based on precision, control, concentration and breathing and how all of these come together. The key thing is that, contrary to belief, Pool-ates does not involve you floating around in the water. The class is performed standing up, on the pool steps or the side railing. Only once you have reached advanced levels can you engage in horizontal moves.

"Being in the water, you have little or no control of what is going on, all your energy and strength goes into not falling. There may be less impact than on land, but in Pool-ates you have to resist the buoyancy, which is challenging," Pfeiffer says.

However, fighting buoyancy is a more gentle feeling than fighting gravity, making the exercise more relaxing as a whole.

"You get more of a mind-body high," explains Pfeiffer. "You are able to relax more and therefore focus and concentrate on the moves more easily."

Every single exercise during Pool-ates engages your core, stomach, back and waist muscles. If you don't hold it all together in an integrated fashion and keep the moves precise, then you will be thrown off balance and 'blown' away by the water.

In a Pool-ates class the water temperature should be between 86 and 92 degrees Fahrenheit (30/33 degrees Celsius).

According to Pfeiffer, people have a higher range of motion in warmer water, as well as greater flexibility and stretch. Cold water will only shrink muscle.

What water does well

The human body is made up of between 55 and 75 per cent water and constantly needs to be replenished if the body is to function at its best, says celebrity fitness trainer James Duigan. On average, people should aim to drink two litres daily in order to replace natural fluid loss, such as through sweating and breathing.

- Water helps to flush out the by products of fat breakdown. This process is essential for people trying to lose weight as water dilutes the waste products, allowing them to be removed form the body more rapidly.
- Dehydration means that your body does not have sufficient water to carry on with bodily functions as normal, leading to some unpleasant feelings. Symptoms include fatigue, headaches, dizziness, thirst and muscle spasms.
- Water can act as an effective appetite suppressant. A common mistake is confusing hunger pangs for thirst. Drinking a glass of water when the feeling first manifests itself will help you realize which one it is you are feeling.

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The battle against aging grows bigger

Experts say cosmetic procedures expected to grow by a staggering rate Botox popularity soaring

HEATHER BUCHAN
WELLNESS@METRONEWS.CA

KEITH BEATY/TORSTAR NEWS SERVICES

▶ Botox injections are a common procedure.

It shouldn't come as a surprise that over the past 10 years, there has been a boom in the cosmetic enhancement industry.

All you have to do is turn on the TV, head to the movies, or flip through a magazine to see images of people defying, or attempting to defy, the inevitable: aging.

In fact, a study published in the medical journal of the American Society of Plastic Surgeons predicts that by 2015, cosmetic procedures will have grown by a staggering 400 per cent since 2005.

Experts attribute this rise to the fact that non-surgical procedures have replaced surgical procedures, making cosmetic enhancements more affordable and requiring less recovery time than traditional plastic surgery.

At a recent symposium on the future of cosmetic enhancements held in downtown Toronto, some of the city's top plastic surgeons and dermatologists gathered to discuss the latest advances.

"In 1990, when I was doing my residency, almost all cosmetic work in Canada was done by plastic surgeons," explains Dr. Sheetal Sapra, director of dermatology at the Institute of Cosmetic and Laser surgery. "There's been a dramatic shift. Eighty per cent of what we do now is non-surgical."

And this is thanks to what Dr. Stephen Mulholland — one of the country's foremost plastic surgeons — refers to as combination therapy.

It's the use of Botox — a botulinum toxin that is injected into muscles to relax them — dermal fillers like Juvederm, Restylane and Perlane, containing synthetic filler like hyaluronic acid which plumps thin lips, enhances sallow contours and softens facial creases and wrinkles, and laser technology such as intense pulsed light which combats brown spots and rosacea, and fractional tightening, which smoothes out wrinkles, combats acne scars and improves overall skin texture.

"We can usually take five years off somebody in appearance in about 60 minutes," he says of using a combination of these technologies. "And it usually costs between $2,500 and 3,000."

Toronto dermatologist Dr. Nowell Solish says 80 per cent of his patients are getting botox today. "It really helps relax dynamic lines (the lines that form on the forehead when you raise your eyebrows) and frown lines," he explains. "And by relaxing, you can actually lift. So by weakening a muscle that may be lowering our eyebrows or making us look tired … we allow the muscles that lift to get stronger because nothing's pulling them down."

All the doctors agreed that there will be an increase in popularity of fat reduction procedures such as liposuction over the next few years.

The thing to keep in mind with any cosmetic enhancement procedure is that none are permanent. Some results last three months, others six months and other longer. But whether we like it or not, ultimately Mother Nature can't be completely beat.

When Alice Chegal goes home to Cabbagetown tonight, a rogue CIA agent will be waiting for her.

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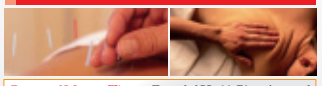
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'Forest bathing' aids well being

Your weekend camping trip can be doing more good for you than you ever realized Being around trees can result in many health benefits

CELIA MILNE
WELLNESS@METRONEWS.CA

FLICKR: *MICKY

▶ Going for a walk in a forest can help reduce stress and lower blood pressure.

Want to maintain good health? Get out of the city and into a forest at least once a month. A growing body of research done in Japan shows that being in green spaces boosts our immune systems.

Being in the forest seems to have two benefits: one is obvious — stress reduction. And the other is perhaps less so: trees emit chemicals called phytoncides that benefit humans.

Japanese researchers conducted a study of 280 healthy people. The subjects were given a day off. Some went to the big city and others went to a forest area for what the Japanese call "forest bathing." The forest bathers had lower pulses and lower blood pressure. Another study showed forest bathers experienced an increase in their natural killer cells, the cells that help fight cancer.

"The results of a vast amount of research shows that forest visits promote both physical and mental health by reducing stress."
EEVA KARJALAINEN, FINNISH FOREST RESEARCH INSTITUTE

"Forest bathing trips may have a preventive effect on cancer generation and development," reports Prof. Qing Li, president of the Japanese Society of Forest Medicine.

The positive health effects of a trip to the forest can last as long as a month.

Forest facts

- **Diabetics take note.** Walking in the forest can reduce glucose levels in people with diabetes, Japanese researcher suggests.
- **According to research,** a trip to the forest reduces levels of cortisol (the stress hormone) found in the saliva. A trip to the city did not reduce cortisol levels

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Study connects ADHD rates to 'Western' diet

Kids who eat take-out, processed foods with sugar and salt have more than double risk than healthy eaters

CELIA MILNE
WELLNESS@METRONEWS.CA

FLICKR: VIRTUALERN

▶ Australian researches have found a link between eating habits and rates of ADHD in adolescents.

There may be a strong link between diet and the risk of ADHD in kids.

Researchers in Perth, Australia, recorded the eating patterns of 1,800 adolescents and then noted whether or not they developed attention deficit hyperactivity disorder (ADHD). The diets were divided into "healthy" or "Western" patterns.

Children whose diets were high in fresh fruit and vegetables, whole grains and fish were in the "healthy" group. Children who ate a lot of take-out food, sugar, salt, fried and processed foods were put into the "Western" group.

"We found a diet high in the Western pattern of foods was associated with more than double the risk of having an ADHD diagnosis compared with a diet low in the Western pattern …" said Wendy Oddy, leader of nutrition studies at the Telethon Institute for Child Health Research in Perth.

Perhaps the Western dietary pattern doesn't provide enough essential micronutrients that are needed for brain function, particularly attention and concentration, or that a Western diet might contain more colours, flavours and additives that have been linked to ADHD, she said.

Dr. Oddy said it's not clear whether a poor diet leads to ADHD or whether ADHD leads to poor dietary choices and cravings.

2-6%
Between 2 and 6 per cent of Canadian children and adolescents have attention deficit hyperactive disorder.

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A smoothie breakfast packs the fruit, calcium, fibre, complex carbohydrates, vitamins and minerals that can help jumpstart a healthy day Plus, they are low in fat and calories

Smoothies are a quick, easy and nutritious way to start your morning.

They are especially great for kids and picky, non-breakfast eaters.

When you are on the go each day, foods and nutrients you often lack in your diet are fruits, calcium, fibre, complex carbohydrates, vitamins and minerals. The answer in a glass is a smoothie, which can include all of these.

Most importantly, they contain antioxidants, which boost your immune system and may reduce the risk of heart disease and certain cancers.

Here are a couple of delicious and healthy smoothies. Experiment and make up your own. Keeping a variety of frozen fruits on hand is a great way to make these anytime of the year.

Serves 6
Calories: 105
Total fat: 1.4 g

▶ Peach smoothie.

Peach smoothie

You can find frozen peaches all year round in the supermarket. You can always substitute another fruit of your choice such as plums, nectarines or mangoes.

Preparation:

1 Combine the milk, yogurt, banana, peaches, honey and vanilla in a blender and purée. Serve immediately.

Creamy cappuccino & banana smoothie

I'm a chocoholic and I have discovered that one per cent chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

Preparation:

1 Combine the milk, yogurt, banana, honey and cocoa powder in a blender, and purée. Serve immediately.

Serves 6
Calories: 108
Total fat: 1.0 g

▶ Creamy cappuccino & banana smoothie.

Peach smoothie

Ingredients:

- 1 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 1 small ripe banana, sliced
- 3 cups sliced fresh or frozen peaches
- 2 Tbsp honey
- 1 tsp vanilla extract

Creamy cappuccino & banana smoothie

Ingredients:

- 1 cup cold chocolate milk (1%)(or soy milk)
- 1 cup low-fat coffee-flavored yogurt
- 1 medium-size ripe banana, sliced
- 2 Tbsp honey
- 1 Tbsp cocoa powder

CONTRIBUTED BY

Rose Reisman is an author and nutritionist. For more info visit rosereisman.com.

Liquid Assets

A wine icon

Even though the term "icon" seems to get handed out as freely as candy corn on Halloween night, there really is no better word to describe South African wine producer Graham Beck.

A true champion of Cape Wines, and the region of Robertson in particular, his passing last week at the age of 80 saddened lovers of inspired winemaking the world over.

While I never got to me him in person, I did have the pleasure of spending some time at his winery with cellarmaster Pieter Ferreira where we tasted our way through a broad range of Graham Beck wines.

Though selection varies from province to province you shouldn't have any trouble finding an example or two of Beck's liquid personality at your local liquor store. A great introduction to his wines is the soft, soothing 2008 Railroad Red ($12.80 - $15.25) that mixes cherry, raspberry and red licorice flavours with subtle black pepper spice thanks to its blend of shiraz and cabernet sauvignon.

The 2008 Gameskeeper's Reserve Cabernet Sauvignon ($18.95 - $19.99) offers a thicker dark berry fruit experience with a side of tobacco and chewy cassis.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Ice cream as the basis for desserts

Transform commerical ice cream into decadent, customized desserts by adding fresh fruit, nuts, jam and other tasty toppers

Fruit Salad Parfaits
Ingredients:
- 75 ml (1/3 cup) strawberry or raspberry jam
- 750 ml (3 cups) sliced fruit (strawberries, pineapple, banana)
- 500 ml (2 cups) light vanilla ice cream
- 125 ml (1/2 cup) low-fat granola cereal
- Mint sprigs, for garnish (optional)

Grilled Banana Sundaes
Ingredients:
- 50 ml (1/4 cup) butter or margarine
- 30 ml (2 tbsp) firmly packed light brown sugar
- 2 medium bananas
- 500 ml (2 cups) light dulce de leche or light vanilla ice cream
- 50 ml (1/4 cup) caramel ice-cream topping
- 50 ml (1/4 cup) chopped pecans or walnuts

You can enjoy commercial ice cream on its own or have some fun with it by using it as a basis for yummy desserts.

Add a twist with fruit, nuts and other ingredients.

Here are some recipes to try.

Fruit Salad Parfaits
Preparation:

1 In a medium bowl, combine jam with fruit. Evenly spoon ice cream into 4 parfait glasses. Evenly top with fruit mixture, then granola. Garnish with mint, if desired.

▶ Grilled Banana Sundaes.

Grilled Banana Sundaes
Preparation:

1 In a small saucepan over low heat, melt butter with brown sugar, about 1 minute. Let stand for 5 minutes to cool; brush on bananas, reserving any extra mixture.

2 Grill or broil bananas, brushing frequently with remaining brown sugar mixture, for 8 minutes or until bananas are heated and lightly golden. Cut warm bananas into 5-cm (2-inch) chunks, then divide among 4 serving dishes.

3 Top with ice cream, drizzle with caramel topping and garnish with pecans.

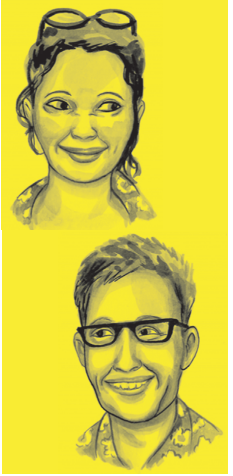
THE CANADIAN PRESS

▶ Fruit Salad Parfaits.

NAVIGATING LOW-POINTS IN RELATIONSHIPS

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM



Forget the gossip and don't sulk, the best way to fix any fight is to watch a sappy, romantic movie

Q: Why do couples gossip so much about each other? They're worse than singletons!

Kate says...
Gee, your friends must be way more interesting than our friends. Maybe it's time to have a baby!

Q: How do we navigate the down periods in our relationship without overreacting and saying 'Maybe we should just separate?'

Kate says...
Oh, for crying in the sink. How old are you people? Grow up first and then get married. A marriage is not a play date and it is no place for idle threats and sulking.

Bret says...
Here's a way to look at it. Suppose this down period is the worst down period ever and things will never, ever look up. If that's really how things are, then you should separate, because who wants to live like that? But if it should turn out that things might look up sometime soon, and if when things look up you generally feel like this relationship is fun and good and you barely even mind when your partner farts in the car, then you should wait for sometime soon. How about you spend five hours reading a book you like or playing Geometry Wars or shopping like you just got your tax refund — and when that's all over ask yourself if you feel like maybe separating might be tougher than plain old sitting down with your partner and having a good fight and then moving on quickly to make-up sex.

▶ Get over the gossip and just have a baby already.

Q: Why do women like watching sappy, romantic movies more than men?

Kate says...
We don't actually like sappy, romantic movies so much. It's just that renting one is a guaranteed way to get some alone time without picking a fight.

Bret says...
Speak for yourself, dear. Personally, I thought The Wedding Planner was just about the loveliest story ever told — because Jennifer Lopez was so busy with her career that she didn't have time for a relationship, but then Matthew McConaughey taught her about true love. Sometimes I get a little weepy thinking about it, but that's okay because men have feelings too.

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INVEST WISELY IN A MONEY MENTOR

Ninety per cent of young Canadians receive money advice from their parents. Second to that, they ask their friends. Along the way we glean nuggets of financial information from people we trust. These are our money mentors and, it pays to have good ones.

Currently, my savvy aunt, a Toronto-based multi-millionaire, mentors me toward developing habits and behaviours of self-made millionaires. Like many multi-millionaires, she doesn't necessarily look the part, driving fancy cars and living in a mansion. Rather, she saves money by making frugal choices like driving a 2002 Toyota Highlander and traveling in economy class. According to her, not living how rich people should live has made her rich. Her top piece of money advice: keep the money you worked so hard to earn.

Need a money mentor? Look for the following characteristics. First, they're rich! Second, they keep and maintain a meticulous budget. Third, good money mentors are savvy spenders. Fourth, they'll take time to teach you their secrets, how to make more money in your career, save more, and invest wisely.

They'll also make you stick to your goals.

Fixing the present student loan crisis

Small fixes can help reduce burden on government, lenders and keep students from defaulting on debts

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Rites of summer. Sun, sand, festivals and student loans. If students are not filling out the often tortured forms they are probably looking forward to repaying that ball and chain debt.

While graduates are saddled with increasing debt, their ability to pay it off is decreasing. Jobs for graduates are harder than ever to find and employment income is lower, relatively speaking, than 20 years ago.

The loan system is particularly harsh for rural and small town students whose costs to attend college or university are much higher than city kids with a range of post-secondary options.

▶ Defaulting on loans hurts everybody involved.

Here's my modest proposal for fixing the student loan crisis.

- Students with no post-secondary institution within a reasonable commute receive a grant to level the playing field with those who are able to live at home and attend school. If they don't graduate the grant must be paid back.
- Outstanding student loans are reduced by 10 per cent upon graduation.
- Loan (both provincial and federal) interest rates to be capped at 2 per cent above prime.
- In bankruptcy, student loans to be treated like any other debt. Currently loans cannot be discharged for 10 years after the last class or semester the student takes.

Yes, this would reduce interest rate revenue for banks and the government and cost a bit in terms of grants.

However, financially healthier students will pay more tax and buy more stuff. And fewer delinquencies and defaults will reduce the burden on government and lenders.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.15%
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What's the right way to resign?

Be savvy in your exit interview

Parting ways? It won't be easy if Human Resources has its way.

These days, getting and quitting a job involves a roughly identical amount of corporate passage rites — from legalistic forms to fill out to statements to sign. But perhaps no ritual is as arcane as the final threshold: The exit interview. You, an HR rep and a voice recorder, reminiscing on the employee handbook-prescribed lives you shared.

No good news

The best way to say, 'So long, sucker!'? Even some feedback can be bad feedback.

Even happy feedback could have an unhappy blowback. "Let's say you say something positive," Corcodilos says. "Later, you realize they discriminated against you, and you want to sue. HR trots out your notes from your exit interview and it says, 'I had a great time here, the company treated me very well.' There goes your lawsuit."

A sacred fact-finding mission for some managers, but a perfunctory formality for others, exit interviews are — for AskTheHeadHunter.com author Nick Corcodilos — "the cockroaches of the HR world."

"They just survive," he says. "I really think companies do them out of sheer habit.

"If a company wants to find out what employees think, why don't you ask them while they're still working there?" he asks. "Why wait until they're leaving?"

Navigating an exit interview, like any goodbye, is a theatrical art — and while many a worker may relish the chance to discharge a few parting shots, career coach Hallie Crawford recommends bidding adieu with diplomatic understatement.

"Try to not single out any one person unless you are pressed to do so," she advises. "Keep things professional, not personal." She continues, "Consider what criticism is really worth bringing up."

ISTOCK

▶ It's best to be simple and to the point when tendering a resignation. Do not go over the top.

For many job-hopping careerists, there are few workplace rituals so hard as saying 'so long'

DREW HINSHAW
METRO WORLD NEWS

"People dread it," says Surviving Dreaded Conversation author Donna Flagg, who views the quitter's apprehension as a self-centred sentiment.

"People come and go, companies move on," she says. "It's not as devastating as the person resigning makes it in their head."

Don't let that resignation guilt lead you to pen an overly personal resignation when you tender your resignation. Flower your two-week notice with paeans to your corporate overlings and the document could wind up decorating a courtroom counter evidence table — exhibit A — should you ever need to sue the company for unpaid wages or salary discrimination.

"Write a letter with one line," suggests How Can I Change Careers author Nick Corcodilos. "I hereby resign my position with X-Y-Z. That's it. Be friendly, respectful, professional, upbeat, but do that stuff orally."

Melodrama

Feel like the blameless protagonist exiting a play about corporate absurdity? It doesn't matter, Flagg remarks. "Bow out gracefully," she advises. "It's not worth giving them a huge 'F-you' on your way out. We bump into the same people in our career."

Yet don't allow your post-resignation talks to turn into negotiations. Despite what an overbearing boss may plea, two weeks is a sufficient heads-up — "It's the bare minimum," Flagg estimates, "but at the same time, I don't think there's any need to do four or six."

More treacherous is the is the chief of industry who tries to raise your resignation with a counter offer — a dicey proposition Corcodilos warns to never entertain "under any circumstances."

"If your company tries to buy you out like that, the money has got to come from somewhere," he explains. "Typically, it comes from your next raise review."

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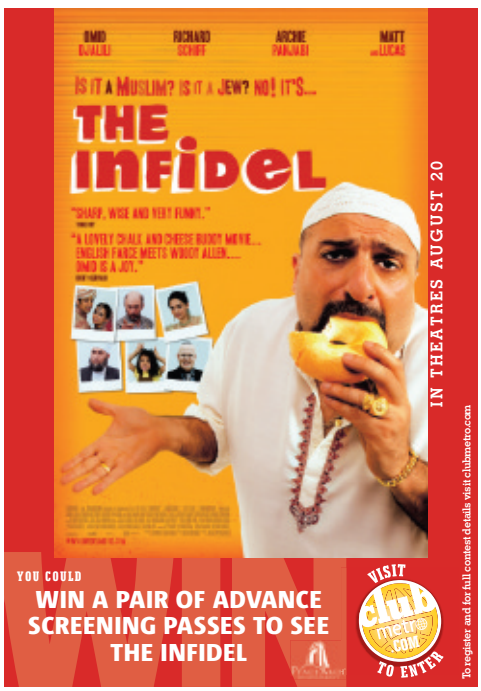
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News in brief

Water safety training needed

EDUCATION The Lifesaving Society of B.C. says institutions involved with international students need to ensure water-safety education is part of their orientation. The call comes after a 23-year-old student from Korea on a summer study tour at Okanagan College nearly drowned last week. Earlier this month, a 17-year-old Chinese student going to school in North Vancouver drowned, while an 18-year-old Acadia University student from Kenya drowned in May. Okanagan College says new water safety guidelines for international students will be introduced as a result of the accident. **CBC NEWS ONLINE**

'Academic vandalisn'?

EDUCATION The proposed closure of the University of Toronto's Centre for Comparative Literature has sparked an international campaign in protest, according to Maclean's OnCampus, with scholars from all over Canada, the U.S., and Europe writing letters pleading with uToronto to reconsider folding the centre into a proposed new School of Languages and Literature. A dean at the University of Central Lancashire writes that the centre is "well regarded" in Britain and calls the decision to close it "academic vandalism." **MACLEAN'S ONCAMPUS**

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"As studying at a distance becomes more and more readily available to career changers and busy adults looking to earn high school credits or to upgrade skills on their own time, it's important that courses are interesting and relevant," says Sarah Irwin, managing director of the Independent Learning Centre (ILC.org). "For example, learning the theory of a Grade 11 physics course (SPH 3U) by studying the design of athletic shoes or how musical instruments generate sound waves."

Reaching far beyond textbooks and spreadsheets, modern instructional designers include various methodologies to engage students and support learning. A learner can now expect digital components such as videos and news clips and online discussion forums, creating a learning engaging educating system. NEWS CANADA

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A distance education dream come true

NEWS CANADA PHOTO

▶ Yvette Sturge recently earned her Ontario Secondary School Diploma through the Independent Learning Centre.

Yvette Sturge used to be an HR manager in the automotive industry Harbouring an ironic secret, she counselled employees to complete their education

A single mother of 47, Yvette Sturge was employed but had never earned her high school diploma. Things changed when she was laid-off and she was faced with trying to find work without a high school diploma. She wanted to stay in her chosen field, but that required getting the credentials that potential employers demanded. She knew that she needed her high school diploma.

After investigating the options available for adult learners, Sturge decided on distance education and enrolled with the Independent Learning Centre (ILC.org). To be successful, she needed to find a flexible model that would allow her to be close to home, her kids, and to take care of other the commitments in her life. Without scheduled classes to attend, she was able to study when and where she wanted or could, year-round, and at her own pace. "Doing my courses through distance education was ideal as it allowed me an open schedule to take care of all my obligations."

As an adult learner with a firm goal in mind, Sturge found herself more motivated and engaged than ever before. "I found the courses more interesting and more related to the requirements of the workplace than I did when I attended school in the past."

After completing five courses, Sturge earned her Ontario Secondary School Diploma and attended the Independent Learning Centre graduation ceremony last November. For Sturge it was the beginning, but not the end as she plans on continuing her education at a college level. NEWS CANADA

Options

Adult education offers credits and tech skills.

- Adults who are thinking of earning credits or improving skills through education often think that their only option is to take a college of university level course. But, what about starting off with a high school course? Today's high school curriculum addresses the Ministry of Education expectation of providing students with both theoretical and skills based knowledge.
- Sarah Irwin, managing director of the Independent Learning Centre (ILC.org) talks about how courses can easily be translated into to real life examples. "For example, students taking the Business and Technological Communication (EBT40) course learn practical writing, communication, and technical skills that are needed in both workplace and post-secondary environments. And, taking that course at a distance has the added bonus of improving time and project management skills." NEWS CANADA

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Turco in, Niemi out in Chicago

The Chicago Blackhawks agreed to a one-year deal with Marty Turco yesterday, settling on a veteran goaltender to replace Stanley Cup hero Antti Niemi.

General manager Stan Bowman said the team expects "immediate" contributions from Turco, 34, who played nine seasons with Dallas and is a three-time all-star.

The deal is believed to be worth $1.3 million US.

Niemi, 26, helped the Blackhawks win the Stanley Cup this past season after earning $826,875 US as a rookie. He was awarded a $2.75-million salary for next season by an arbitrator last week, putting the Blackhawks in a tough spot.

Bowman declined to say whether the team could have squeezed Niemi's award under the NHL's salary cap, set at $59.4 million next season.

"The salary cap has been talked about too much," Bowman said.

Bowman said he made several attempts to sign Niemi to a multiyear contract before the goalie's case went to arbitration.

"We exhausted all of our options to make this work," Bowman said.

"This is the direction that made the most sense. You have to have flexibility within your roster and this was the best way to defend the Cup."

THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES

▶ Marty Turco has signed with Chicago.

Speculative frenzy tough on players

Jays slugger Bautista tried to shrug off rumours Internet feeds public's appetite for information

"You have to be realistic with yourself. A lot of it is just kind of rumours and hearsay."
LYLE OVERBAY, ON TRADE RUMOURS

The non-waiver trade deadline had barely passed Saturday afternoon when Jose Bautista was surrounded by media for the umpteenth time in July, this time to discuss how all the rumours linking him to this team and that team went for naught.

Like so many of his peers around the majors, the Toronto Blue Jays slugger endured weeks of speculation about his future and was asked to talk about it constantly. He obliged graciously every time, even though it was clear by the end he was sick of the subject.

"You guys are the main reason we're all aware of anything any way. You guys (provide) pretty good coverage of everything and there were a lot of rumours out there," Bautista calmly told the assembled throng. "There's more coverage now with the Internet so word gets around.

"We talk about it, you've got to just try to not let it affect you in any way."

That's becoming much harder and harder to do for both players and front office officials.

The trade deadline has always been a time of intense speculation and frenzied fan focus, but the spotlight was hotter than ever this year as traditional media's continuing shift to the Internet has turned the old once or twice a day news cycle into a 24-hour beast with an insatiable appetite.

Blogs and social media sites like Twitter feed into that by providing a forum for quick and constant updates.

It can create pressure on reporters to dig up something new and leave fans breathlessly waiting for and demanding the next nugget, while driving teams and players up the wall.

"Being in the hot seat this year, it just seems like there's so much out there every day and there's so much information flying around," said rookie Blue Jays GM Alex Anthopoulos. "I understand it's so competitive (but) there's so much being written, so much floating out there.

"You talk to 29 other clubs and you float ideas, concepts, so many things get thrown out (in public) that may throw things off or maybe aren't fair to the players — it complicates things a little bit."

THE CANADIAN PRESS

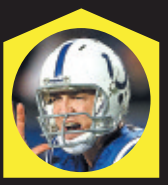
NATHAN DENETTE/THE CANADIAN PRESS

▶ Jose Bautista hits a foul ball against Cleveland in a recent game.

4 sports

Up and down

Peyton Manning
The Colts' owner reiterated yesterday that he intends to make Manning the NFL's highest-paid player even if it takes the prohibitive franchise tag to do it.



Albert Haynesworth
The two-time All-Pro defensive tackle tried to take the Redskins conditioning test again yesterday morning, but he pulled up after three back-and-forth sprints because he felt some irritation in his left knee.

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Jays double down on A-Rod and Co.

Six doubles in an inning ties record ◆ 600th homer eludes Rodriguez

BLUE JAYS	YANKEES
8	6

JIM MCISAAC/GETTY IMAGES

▶ Edwin Encarnacion tags out New York's Lance Berkman last night.

Travis Snider hit two of an AL record-tying six doubles in a seven-run fifth inning and the Toronto Blue Jays prolonged Alex Rodriguez's search for his 600th homer in a 8-6 victory over the New York Yankees last night.

Snider began the barrage of doubles with a leadoff hit against A.J. Burnett and finished it with a drive off Sergio Mitre. In between, Fred Lewis, Jose Bautista, Vernon Wells and Aaron Hill all doubled off Burnett (9-9).

The power surge matched the Washington Senators, who had six doubles against the Boston Red Sox in the eighth inning on June 9, 1934, and the Texas Rangers on July 31, 2002, against the Yankees.

The Yankees rallied from an 8-2 deficit but fell into a tie for first place in the AL East with Tampa Bay, which beat the Minnesota Twins 4-2. New York dropped two of three games this weekend against the Rays. The Yankees had been alone in first since June 20.

Rodriguez returned to the comforts of Yankee Stadium after a homerless, seven-game road trip, but 600 still looms after an 0-for-5 night. A-Rod is 9-for-43 in 11 games since hitting No. 599 on July 22 against Kansas City.

THE ASSOCIATED PRESS

Sports in brief

Armstrong lawyers allege deal for cyclists

EVIDENCE. Lance Armstrong's lawyers say the U.S. Anti-Doping Agency is offering cyclists a "sweetheart deal" if they testify or provide evidence that the seven-time Tour de France winner cheated by doping.

If those riders have been caught doping, the deal from USADA could result in a reduced ban from competition and other incentives, lawyer Tim Herman told The Associated Press yesterday.

THE ASSOCIATED PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	66	39	.629	-
TAMPA BAY	66	39	.629	-
BOSTON	60	46	.566	6.5
TORONTO	55	51	.519	11.5
BALTIMORE	32	73	.305	34

AL CENTRAL

	W	L	Pct	GB
CHICAGO	59	45	.567	-
MINNESOTA	59	47	.557	1
DETROIT	52	52	.500	7
KANSAS CITY	45	60	.429	14.5
CLEVELAND	45	61	.425	15

AL WEST

	W	L	Pct	GB
TEXAS	61	44	.581	-
LOS ANGELES	54	53	.505	8
OAKLAND	52	52	.500	8.5
SEATTLE	39	67	.368	22.5

Yesterday's AL results

Toronto 8 N.Y. Yankees 6
Cleveland 6 Boston 5
Tampa Bay 4 Minnesota 2
Kansas City at Oakland

Tuesday's AL games

Chicago White Sox at Detroit, 1:05 p.m., 1st game
Chicago White Sox at Detroit, 7:05 p.m., 2nd game
L.A. Angels at Baltimore, 7:05 p.m.
Toronto at N.Y. Yankees, 7:05 p.m.
Cleveland at Boston, 7:10 p.m.
Minnesota at Tampa Bay, 7:10 p.m.
Kansas City at Oakland, 10:05 p.m.
Texas at Seattle, 10:10 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	60	45	.571	-
PHILADELPHIA	57	48	.543	3
FLORIDA	53	52	.505	7
NEW YORK	53	53	.500	7.5
WASHINGTON	46	59	.438	14

NL CENTRAL

	W	L	Pct	GB
ST. LOUIS	59	46	.562	-
CINCINNATI	60	47	.561	-
MILWAUKEE	48	58	.453	11.5
CHICAGO	46	59	.438	13
HOUSTON	45	59	.433	13.5
PITTSBURGH	36	69	.343	23

NL WEST

	W	L	Pct	GB
SAN DIEGO	61	42	.592	-
SAN FRANCISCO	61	45	.575	1.5
COLORADO	55	50	.524	7
LOS ANGELES	54	51	.514	8
ARIZONA	39	66	.371	23

Yesterday's NL results

Atlanta 4 N.Y. Mets 1
Cincinnati 4 Pittsburgh 0
Milwaukee at Chicago Cubs
Houston at St. Louis
Washington at Arizona
San Diego at L.A. Dodgers

Today's NL games

Cincinnati at Pittsburgh, 7:05 p.m.
N.Y. Mets at Atlanta, 7:10 p.m.
Philadelphia at Florida, 7:10 p.m.
Milwaukee at Chicago Cubs, 8:05 p.m.
Houston at St. Louis, 8:15 p.m.
San Francisco at Colorado, 8:40 p.m.
Washington at Arizona, 9:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	5	4	1	0	178	113	8
TORONTO	5	3	2	0	113	149	6
WINNIPEG	5	2	3	0	157	137	4
HAMILTON	5	1	4	0	117	153	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	5	4	1	0	172	153	8
CALGARY	5	4	1	0	140	105	8
EDMONTON	5	1	4	0	102	154	2
B.C.	5	1	4	0	100	115	2

Friday's result

Edmonton 28 B.C. 25

Saturday's results

Calgary 23 Winnipeg 20
Saskatchewan 37 Hamilton 24

TRANSACTIONS

American League

BOSTON RED SOX-Placed OF Mike Cameron on the 15-day DL. Recalled OF Daniel Nava from Pawtucket (IL).
TAMPA BAY RAYS-Recalled RHP Jeremy Hellickson from Durham (IL). Placed RHP Andy Sonnanstine on the 15-day DL.

NHL

ANAHEIM DUCKS-Signed D Andy Sutton to a two-year contract.
BUFFALO SABRES-Signed D Shaone Morrisonn to a two-year contract. Waived LW Tim Kennedy.
CHICAGO BLACKHAWKS-Agreed to terms with G Marty Turco on a one-year contract.
MONTREAL CANADIENS-Signed D Alexandre Picard to a one-year contract.
NEW YORK RANGERS-Traded F Donald Brashear and F Patrick Rissmiller to Atlanta for C Todd White.

CFL

WINNIPEG BLUE BOMBERS-Released LB Ike Charlton.

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Penalty to Break Mortgage	3,000	-- --
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New Mortgage (1.80%)	238,000	985

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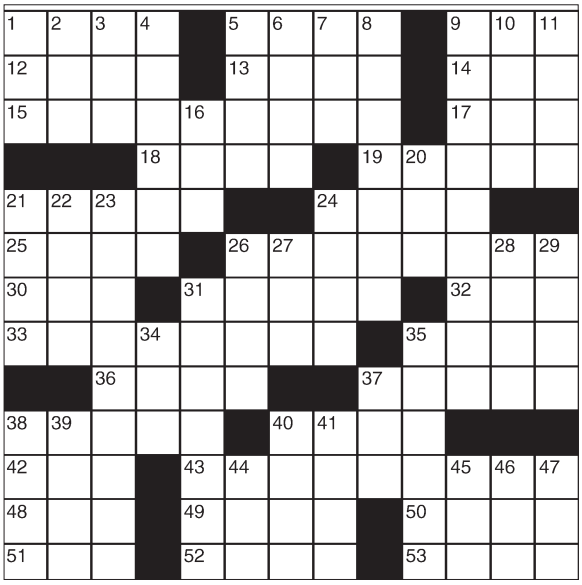
Crossword



Across

1 Beer ingredient
5 Stage award
9 Edge
12 Entreaty
13 Mentor
14 Lawyers' org.
15 Typical fast-food entree
17 Performed
18 Tramcar loads
19 Get up
21 — Rouge, LA
24 On the briny
25 Flubs
26 $10 portrait
30 Afternoon social
31 Old photo coloration
32 Roman trio
33 Rodents often kept as pets
35 Typeface
36 Rind
37 Quirks
38 Minty beverage
40 Tom Joad, e.g.
42 Gorilla
43 Wood nymph
48 Neither partner
49 Paradise
50 Mrs. Dithers, in "Blondie"
51 Type units
52 Zilch
53 TV trophy

Down

1 Speedometer abbr.
2 — carte
3 Moon vehicle, for short
4 Forbidden acts
5 Shrek, e.g.
6 Insects
7 Rage
8 The Urals divide it
9 Geiger counter's trigger
10 Wading bird
11 Put together
16 Coffee vessel
20 Kin (Abbr.)
21 "Little Women" woman
22 Geometry calculation
23 Wine-vat workers
24 Writer Kingsley
26 Shoe part
27 Spring mo.
28 Hog call
29 Little lice
31 King of horror
34 Witness
35 Savage
37 Tease
38 Tarzan's mate
39 "Once — a time, ..."
40 Portent
41 Welles portrayal
44 Commotion
45 — Kippur
46 Branch
47 Rotation duration

▶ Yesterday's answer

P	T	A	■	C	A	S	H	■	I	N	O	N
E	A	U	■	A	R	E	A	■	N	O	G	O
A	U	G	U	R	I	E	S	■	S	A	R	I
■	■	M	R	E	D	■	■	E	T	H	E	R
E	L	E	G	Y	■	O	G	L	E	■	■	■
G	O	N	E	■	T	R	E	S	P	A	S	S
A	P	T	■	C	R	A	N	E	■	U	T	E
D	E	S	O	L	A	T	E	■	A	G	E	E
■	■	■	D	O	P	E	■	S	L	U	M	P
S	P	R	I	G	■	■	A	I	D	S	■	■
O	L	I	O	■	A	U	G	R	A	T	I	N
M	E	N	U	■	T	R	E	E	■	U	K	E
A	D	D	S	■	E	N	D	S	■	S	E	W

Sudoku

2					1	7	8	
	9			3		1	2	
4			2					3
				4			5	8
		7				6		
9	8			5				
1					8			6
	7	2		1			9	
	4	5	9					2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	6	9	5	8	7	2	4
9	7	4	3	6	2	5	8	1
5	8	2	1	4	7	9	6	3
7	9	3	2	8	4	1	5	6
1	4	8	5	3	6	2	7	9
2	6	5	7	9	1	4	3	8
8	2	7	6	1	9	3	4	5
4	3	9	8	7	5	6	1	2
6	5	1	4	2	3	8	9	7

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To my wee Nerdling, thank you so much for such a wonderful life together, the depth of which I'll never fully grasp but always appreciate. You are the ecstasy of the human spirit, the meaning of beauty itself. Thank you, Erin, for all that you are. I love you!
STEVE

A.K. throughout the entire time we have known each other I have fallen madly in love, the way you smile and laugh fill my world with joy and happiness, even though we will go through hard times, at the end of the road, I will be there for you. **J.B.C.**

Xiao Bai Cai: You are the most special girl in my life, and I'm looking forward to spending the rest of my life with you. **LOVE, ZHU**

I love you so much Garrett!!
AMANDA

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 You will do something special, maybe even spectacular today. With Jupiter in your birth sign linked strongly to Pluto you will go out of your way to be different.

♉ Taurus April 20-May 21 There are so many good causes out there that could benefit from your physical and mental input, so why are you not more involved? However, steer clear of issues that are in any way political.

♊ Gemini May 22-June 21 You always act fast in a crisis but your speed of response will surprise everyone today. If someone you live or work with is in trouble you will go out of your way to help them.

♋ Cancer June 22-July 22 Many things are changing and you must change with them. The only way you will maintain your current position, especially on the work front, is by finding new ways to be more productive.

♌ Leo July 23-Aug.23 You may have good reasons for wanting to keep the truth from someone but the planets won't let you. Today's Jupiter-Pluto link means they will find out one way or the other.

♍ Virgo Aug. 24- Sept. 22 You may find it hard to stay in control of your emotions today. Sometimes it is good just to let it all out, especially if you have been storing up negative feelings. Have a good shout!

♎ Libra Sept. 23-Oct. 23 Something rather shocking is likely to happen today and with hindsight you will realize that you should have seen it coming. But don't blame yourself too much.

♏ Scorpio Oct. 24-Nov. 22 Decide what needs to be done, then do it. That is the message of the stars for you today and being the kind of person who believes in action rather than talk it's a message you will respond to. It's deeds that count.

♐ Sagittarius Nov. 23-Dec. 21 The Sun in Aries makes most things possible, but even go-getting Sags have their limits and today's Jupiter-Pluto aspect suggests things will be hard, but it's no big deal.

♑ Capricorn Dec. 22-Jan. 20 A loved one will surprise you today by some of the things they say and do. Being such a controlled individual yourself their display of emotion might faze you a bit but it will be over soon.

♒ Aquarius Jan. 21-Feb. 18 Ignore those who say that your ideas won't succeed and follow your dream in whatever direction it might lead you. In the Aquarius vocabulary there is no such word as "cannot."

♓ Pisces Feb. 19-March 20 You could hit the jackpot today. There are no guarantees but the planets indicate that if you have done your homework you might make a fortune.
SALLY BROMPTON

DON'T MISS 'STORM HUNTERS'
here in July 29 - August 1
The Weather Network

Caption contest

SEBASTIAN WILLNOW/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

DOMINICAN REPUBLIC

Puerto Plata

Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Aug. 6 – 20 • 1 wk.
$549
+Taxes & other fees (including service charges): $316

Samana

Gran Bahia Principe El Portillo • 4 1/2★
PRIVILEGES
All-Inclusive • Standard rm.
Aug. 8 – 22 • 1 wk.
$659
+Taxes & other fees (including service charges): $316

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Aug. 17 – 26, 28, 29 & 31
1 wk.
$949
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
PRIVILEGES
All-Inclusive
Junior suite
Aug. 17 – 26, 28, 29 & 31
1 wk.
$999
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Sept. 12 • 1 wk.
$589
+Taxes & other fees (including service charges): $295

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Sept. 12 • 1 wk.
$589
+Taxes & other fees (including service charges): $295

Puerto Vallarta/ Riviera Nayarit

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited-Luxury® • Junior suite
tropical view with jacuzzi
Aug. 21 & 28 • 1 wk.
$799
+Taxes & other fees (including service charges): $287

TURKS & CAICOS

The Alexandra • 3 1/2★
Garden view deluxe studio
Aug. 14 & 15 • 1 wk.
$1069
+Taxes & other fees (including service charges): $260

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Aug. 14 – 23 • 1 wk.
$599
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. & Sun. departures

Santa Clara

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 14 & 21 • 1 wk.
$699
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

SAINT LUCIA

Bay Garden Inn • 2 1/2★
Standard rm.
Aug. 14 & 15 • 1 wk.
$1159
+Taxes & other fees (including service charges): $229

BAHAMAS

Great Exuma

Grande Isle Resort & Spa • 4★
Continental breakfast
One-bedroom villa garden view
Sept. 5 – 26 • 1 wk.
$1299
+Taxes & other fees (including service charges): $206

USA

MIAMI

Albion South Beach • 4★
Double full-size bed – Petite
Sept. 6 & 7 • 3 nts.
$599
+Taxes & other fees (including service charges): $131

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Jan. 9 & 16 • 1 wk.
$1099
+Taxes & other fees (including service charges): $280

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HWY: 11.4L/100KM • 25MPG
CITY: 15.9L/100KM • 18MPG†

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

2010 GMC ACADIA SLE

MSRP $39,424

EMPLOYEE PRICING

$33,859*

INCLUDES FREIGHT, PDI, FEES & $2,000 CASH CREDIT

HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 8.4L/100KM • 34MPG
CITY: 12.7L/100KM • 22MPG†

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

2010 GMC TERRAIN SLE

MSRP $28,959

EMPLOYEE PRICING

$26,652*

INCLUDES FREIGHT, PDI & FEES

SLT-2 model shown††

HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 6.1L/100KM • 46MPG
CITY: 9.2L/100KM • 31MPG†

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE‡

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MSRP $34,854

EMPLOYEE PRICING

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$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

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CITY: 15.3L/100KM • 18MPG†

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